

# Carmelia D. Van Horn

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<http://carmelia.com>; <http://www.modelmayhem.com/carmelia>; <http://youtube.com/carmeliavanhorn>

Objective: Position as swimwear and fitness **spokesmodel** giving television appearances and posing for print and electronic magazines and catalogs.

## SKILLS

- **Fitness competitions:** figure/physique class (2009), fitness class (2010-Present) (see AWARDS, below);
- **Bikini, artistic, figure, catalog, and promotional modeling;**
- **Public speaking/television;**
- **Instructional fitness videos:** exercise how-to videos on popular **You Tube** channel: carmeliavanhorn;
- **Sports nutrition:** specialized expertise in vitamins, minerals, macronutrient requirements for athlete populations;
- **Nutritional symptomatology:** non-invasive technique for determining individual nutritional needs;
- **Fitness blogging:** answering Beachbody customers questions; Twitter channel with daily fitness updates;
- **Technical writing:** Examiner.com writer, engineering specifications, standards, and detailed reports.

## EXPERIENCE

Dec. 2012	<b>Print ad</b>	World Fitness Alliance/Triple A (American Aerobic Association)
Nov. 2012	Online ad	Photo chosen for Colorado Modeling Network website banner
June 2012	Catalog (online)	<b>Staff model</b> for Ujena swimwear catalog, Ujena Jam Puerto Vallarta
May 2012	Magazine (online)	Featured model interview in RapRockLife.com
May 2012	Online ad	Photosense Photography: David Robinet, www.photosense.ca
April 2012	Magazine (print)	<b>Published</b> in Planet Muscle magazine: April 2012, p.150
Mar. 2012	Magazine (print)	<b>Published</b> in World Physique magazine: Winter/Spring 2012, p.78
Oct. 2011	Clothing catalog	Shan Wear, New York
Sep. 2011	<b>Print ad</b>	Triple A (American Aerobic Association)
July 2011	Runway	Lotus Concepts Calendar Model Search
June 2011	Catalog (online)	Ujena swimwear catalog, Ujena Jam Puerto Vallarta
Jan. 2011	Promotional	Josh Shelly, CycleXPhoto, Colorado Motorcycle Show/Swap
2010	Fitness website ad	Triple A (American Aerobic Association) <a href="http://www.triple-a.net/">http://www.triple-a.net/</a>
2006	Artistic/figure	Steve Leady, displayed at Michael McConnell Gallery & Studio, Denver, Colorado

1996 – Present            **Ball Aerospace & Technologies Corporation**, Boulder, Colorado  
Lead Electronics Process Control **Engineer** (current position)

2007 – Present            **Break the Habits/Burn the Fat**, Denver, Colorado  
**Certified Personal Fitness Trainer** (owner) – Gym and in-home fitness training specializing in fat loss for women and older adults, functional training, and nutrition;  
Independent Beachbody/P90X Coach (2008 – Present) with over 400 online customers

2011 – Present            YMCA of Metropolitan Denver, Denver, Colorado  
Teach one (1 hour) group fitness class per week, all ages and abilities, weight-lifting and cardio

2012    **Television presenter** on Channel 9, “Colorado & Company” – promoting adult fitness at YMCA (January 9)

1998 – 2009            **African Dance with Carmelia**, Denver, Colorado  
Traditional African Dance Instructor and Performer (owner/operator) – Performances, workshops, and private lessons  
1992-1996: Dancer in Harambee African Dance Troupe of Boulder, Colorado

1999 – 2009            Colorado Free University, Denver, Colorado  
2009: Fitness Instructor – Teach one (1 hour) group fitness class per week, all ages and abilities  
1999—2009: Traditional African Dance Instructor -- Teach one (1.5 hour) class per week, all ages and abilities

(cont'd on pg. 2)

